

The Wii Fit

Video games are a popular fixture of American Pop Culture, especially with the latest developments in technology. The graphics for video games have become more and more advanced over the past couple of years to the point where sports figures really do look like they do in real life. One of the most popular consoles to hit the markets in the past decade is known as the Nintendo Wii. The Wii is manufactured and sold by the Nintendo company. Millions of people either own a Wii or have played one at an electronics store or at their friend's house at one point or another since its release. A popular game for the Nintendo Wii is known as the Wii Fit. Who would have thought that video games would actually help people work out and get into shape when all the talk a couple of years ago was about how video games are causing the dumbing down of America and making kids gain weight because they do not go outside and play anymore.

Wii Fit became the world's third bestselling video game only one year after its release by reaching 21.82 million copies sold as of June 30, 2009. This category does not include video games sold with a console but instead sold individually in stores. There are approximately 50 different exercise activities the gamer can choose from to perform when working out using the Wii Fit. To use Wii Fit, the gamer will need to purchase a balance board, which figures out the gamer's BMI (body mass index), when the gamer's height is entered into the system. The exercises included with Wii Fit are:

- Yoga
- Deep Breathing
- Half-Moon
- Dance
- Cobra
- Bridge
- Spinal Twist
- Shoulder Stand
- Warrior
- Sun Salutation
- Tree
- Downward Facing Dog
- Standing Knee
- Palm Tree
- Chair
- Triangle
- Aerobics
- Hula Hoop
- Super Hula Hoop
- Rhythm boxing – The gamer uses the Nunchuk and Wii Remote to throw punches. This is similar to step aerobics.
- Basic Step
- Advanced Step
- Free Step
- Basic Run
- 2-P Run
- Free Run
- Strength training
- Single Leg Extension
- Sideways Leg Lift
- Arm and Leg Lift
- Single-Arm Stand
- Torso Twists
- Rowing Squat
- Single Leg Twist
- Lunge
- Push-Up and Side Plank
- Jackknife
- Plank
- Tricep Extension
- Push-Up Challenge
- Plank Challenge
- Jackknife Challenge
- Balance games
- Soccer Heading

- Ski Jump
- Ski Slalom
- Snowboard Slalom
- Table Tilt – To get balls into the holes the player must shift balance.
- Tightrope Walk
- Balance Bubble – While attempting to navigate down a river the gamer cannot burst a bubble he or she is riding.
- Penguin Slide – While balanced on a piece of ice the gamer must catch fish.
- Lotus Focus (also known as "Zazen") – While looking at a flame, the gamer must remain motionless.